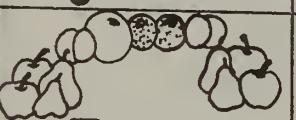


MASS. HS31.2: In 4/eng.

## INFANT FEEDING GUIDE

Foods	Months	0-4 MONTHS	4-6 MONTHS	6-8 MONTHS	8-10 MONTHS	10-12 MONTHS
<b>Breastmilk or Iron-Fortified Formula</b>		5-10 feedings 16-32 ounces	4-7 feedings 24-40 ounces	3-4 feedings 24-32 ounces	3-4 feedings 16-32 ounces Whole milk can be introduced now.	3-4 feedings 16-24 ounces Whole milk can be introduced now.
 <b>Cereals &amp; Bread</b>		* UMASS/AMHERST 312066 0281 5608 5 NONE	* Boxed rice, oatmeal or barley (spoonfed) Mix 2-3 teaspoons with formula, water or breastmilk	* All varieties of boxed infant cereal except Cera-meal or cereal with fruit or honey (Twice a day)	* Infant cereals Cream of Wheat or other plain hot cereals * Toast, bagel or crackers	* Infant or cooked cereals * Unsweetened cereals * Bread * Rice * Noodles & Spaghetti
 <b>Fruit Juices</b>	GOVERNMENT DOCUMENTS COLLECTION	DEC 19 1984 University of Massachusetts NONE Depository Copy	* Infant juice * Adult apple juice, Vitamin-C fortified (Avoid orange & tomato juice now) (2-4 oz. a day)	* Infant juice * Adult apple juice, Vitamin-C fortified Try juice from a cup (4 ounces)	* All 100% juices Orange and tomato juice can be introduced now.	* All 100% juices Orange and tomato juice can be introduced now.
 <b>Vegetables</b>		NONE		* Strained or mashed vegetables - dark yellow or orange (avoid corn) - dark green (1/2-1 jar or 1/4-1/2 cup a day)	* Cooked, mashed family vegetables * Junior vegetables	* Cooked vegetable pieces * Some raw vegetables - carrots - tomatoes - cucumbers
 <b>Fruits</b>		NONE	NONE	* Fresh or cooked fruits - mashed bananas - applesauce * Strained fruits (1 jar or 1/2 cup per day)	* Peeled, soft fruit wedges - bananas, peaches, pears, oranges, apples	* All fresh fruits peeled and seeded * Canned, packed in water
 <b>Protein Foods</b>		NONE	NONE	Try plain yogurt	* Lean meat, chicken and fish (strained, chopped or small tender pieces) * Egg yolk, yogurt, mild cheese, peanut butter, cooked dried beans	* Small tender pieces of meat, fish or chicken * Whole egg * Cheese * Yogurt * Cooked dried beans * Peanut butter

## Some things to remember...

EVERY BABY IS DIFFERENT.  
CONSULT YOUR DOCTOR OR NUTRITIONIST TO MAKE SURE YOUR  
BABY IS GETTING WHAT HE/SHE NEEDS.



A BABY'S BOTTLE IS FOR  
WATER, FORMULA (milk)  
AND 100% JUICE ONLY.

Kool-aid, Hi-C, soda  
(tonic), Hawaiian Punch  
and Tang are full of sugar  
and food coloring.



TRY NOT TO FEEL  
PRESSURED TO START SOLID  
FOODS EARLY BECAUSE A  
FRIEND OR RELATIVE FEELS  
YOU ARE "Starving" THE  
BABY. BY WAITING YOU  
WILL BE THE WINNER IN  
THE LONG RUN.



SKIM OR LOWFAT MILK  
SHOULD NOT BE GIVEN TO  
ANY CHILD LESS THAN  
1 YEAR OLD.

It does not provide  
enough fat for the  
developing nervous  
system.

It may not provide  
enough calories for  
growth.



YOU CAN MAKE YOUR OWN  
BABY FOODS WHICH ARE  
LESS EXPENSIVE AND CAN  
BE MORE NUTRITIOUS.

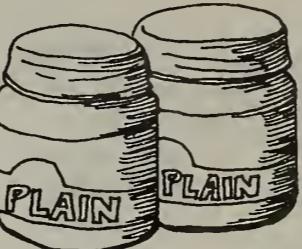
Sugar, butter and salt  
should not be added to your  
homemade food.

Ask your nutritionist for  
more information on  
preparing your own baby  
foods.



USE A BABY SIZE SPOON  
FOR FEEDING.

Poor eating habits may  
result from putting food  
in the bottle.



BUY PLAIN MEATS,  
VEGETABLES AND FRUITS -  
YOU GET MORE FOR YOUR  
MONEY.

- \* Combination dinners contain a lot of water and starch fillers.
- \* Mix meats and vegetables together if your baby prefers them that way.



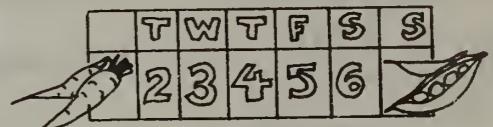
FEED YOUR BABY SMALL  
AMOUNTS AT FIRST; MAKE  
THE FOOD THIN AND  
SMOOTH BY MIXING IT  
WITH A LITTLE FORMULA,  
BREASTMILK OR WATER.



### FOODS TO AVOID

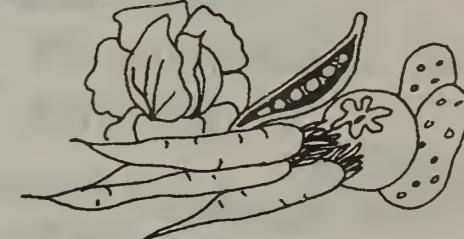
- \* MIXED DINNERS
- \* BACON, LUNCHEON MEATS,  
HOT DOGS, HAM
- \* CREAMED VEGETABLES
- \* FRUIT DESSERTS
- \* PUDDINGS
- \* COOKIES, CANDY, CAKES
- \* SWEETENED DRINKS

(These foods are high in  
fat and sugar and contain  
few nutrients for your  
money.)



ADD ONE NEW FOOD AT A  
TIME. WAIT ABOUT 5 DAYS  
BEFORE YOU TRY ANOTHER  
ONE.

- \* This will give time for  
your baby to adjust to  
the new food.
- \* If your baby has a  
reaction, you will know  
which food caused it.



### THE BEST FOODS

- \* PLAIN FRUIT
- \* PLAIN MEATS
- \* PLAIN VEGETABLES
- \* EGGS
- \* 100% FRUIT JUICES
- \* UNSALTED CRACKERS
- \* RICE
- \* NOODLES, SPAGHETTI
- \* COOKED CEREAL
- \* WHOLE WHEAT BREAD
- \* UNSWEETENED CEREALS
- \* PLAIN YOGURT
- \* COTTAGE CHEESE